



## Vegetable Moussaka - NEW

A hearty vegetable moussaka with layers of roasted vegetables, rich tomato sauce, topped with cheese.



### Ingredients

Vegetable Moussaka (70%) (Tomato Pulp (Crushed Tomatoes, Tomato Juice, Acidity Regulator (330)), Zucchini (13%), Eggplant (11%), Chickpeas (6%), Capsicum (5%), Brown Lentils (5%), Onion, Kalamata Olives (2%) (Kalamata Olives, Water, Salt, Vinegar, Oil), Tomato Paste (Acidity Regulator (330)), Canola Oil, Acidity Regulator (260), Low Sodium Salt (Potassium Chloride), Dried Parsley, Vegetable Protein Extract (**Soy**, Maltodextrin (Corn)), Salt, Garlic, Mint, Oregano, Nutmeg, Pepper), Bchamel Sauce (19%) (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Green Bean (6%), Mozzarella Cheese (3.5%) (Mozzarella Cheese (98%) (**Milk**), Anticaking Agent (460), Preservative (200)), Parmesan Cheese (1.5%) (**Milk**, Anticaking Agent (Tapioca Starch), Preservative (200)), Dried Parsley.

**CONTAINS MILK, SOY.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1688kj (405Cal)	422kJ (101Cal)
Protein:	19g	4.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	22.2g	5.5g
--Saturated:	9.5g	2.4g
Carbohydrates:	24.9g	6.2g
--Sugars:	10.8g	2.7g
Dietary Fibre:	13.7g	3.4g
Sodium:	932mg	233mg
Potassium:	740mg	185mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS® software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.